



## Kale Chips

**Active Time:** 12 hours | **Total Time:** 10 minutes | **Serves:** 4

### Nutrition Information Per Serving

86.6 calories, 4.95 g carbohydrate, 0.99 g fiber, 3.96 g NET carbs, 1.63 g protein, 7.35 g fat

#### Ingredients

- 1/2 tsp(s) sea salt
- 2 Tbsp(s) organic extra virgin olive oil
- 1 bunch(es) organic kale

#### Preparation

1. Preheat oven to 275 degrees F.
2. Rinse kale and dry thoroughly with a clean kitchen towel.
3. Tear kale into chip-sized pieces and place in a large bowl, discarding stems.
4. Pour olive oil and sea salt over the kale and massage with hands until evenly coated.
5. Bake for 10 minutes, then shake the pan and bake until crisp (another five minutes).

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